

**Prescott
Meals On Wheels
Café on Rosser**

open
Monday through Friday
from 11:15am to 12:45pm

For registered diners 60 years and over a donation of \$6 is suggested.

For all other diners a \$7 payment is required.

No reservation needed
Please join us for lunch!
Milk, Tea, Coffee & Juice are Included

Each meal provides 1/3 of the USDA Adult Nutritional Needs

Office Hours
Monday - Friday
8:00 am to 3:00 pm
Closed on Weekends and Holidays

1280 E Rosser Street
Prescott, AZ 86301



**December
2025**

Phone: 928-445-7630
PrescottMealsOnWheels.org
E-Mail:
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STAY
Hydrated



DEHYDRATION IN OLDER ADULTS

- Staying hydrated is crucial for seniors, as it supports overall health, cognitive function, and helps prevent various health issues associated with dehydration.
- The amount of water adults ages 65+ need varies from person to person, but current recommended amounts of daily fluid intake are 13 cups of water per day for men and 9 cups for women.
- **Eat water-rich foods:** Aim to eat fruits and vegetables with higher water content, including watermelon, cucumbers and strawberries, at every meal. Choosing broths and soups is another great idea, especially in colder months, as long as they don't conflict with dietary restrictions.

Please note that menus are subject to change without notice.

Allergy Alert: Please be advised that food prepared here may contain these ingredients or traces of these ingredients: Milk, Eggs, Wheat, Gluten, Peanuts, Soybeans, Tree Nuts, Fish and Shellfish.

WHOLE WHEAT BREAD & SALAD INCLUDED WITH EACH CAFÉ ON ROSSER LUNCH

Monday Dec 1

BEEF TACO
CASSEROLE
Beans, Lettuce,
Corn Medley,
Salsa,
Tropical Fruit

Tuesday Dec 2

CHICKEN AND
RICE CASSEROLE
Broccoli, Carrots,
Whole Grain
Biscuit,
Oranges

Wednesday Dec 3

BEEF BAKED ZITI
Spinach and Squash,
Garlic Bread,
Spiced Apples

Thursday Dec 4

TERIYAKI
CHICKEN
Rice, Cabbage,
Stir Fried Veggies,
Mandarin Oranges

Friday Dec 5

CHEESE
ENCHILADAS
Refried Beans,
Tomatoes,
Peppers, Onions,
Apricots

Monday Dec 8

GARLIC HERB
CHICKEN
Couscous, Mixed
Veggies,
Melon

Tuesday Dec 9

BEEF
BURGUNDY
Egg Noodles,
Snap Pea Medley,
Pineapple

Wednesday Dec 10

BEEF BAKED PASTA
Spinach and Kale
Medley, Bell Peppers,
Garlic Bread,
Sliced Apples

Thursday Dec 11

HONEY HAM
Sweet Potatoes,
Carrots, Onions,
Spiced Pears

Friday Dec 12

TUNA SALAD
Pita Bread, Kale
and Cabbage Slaw,
Sweet Potato
Chips,
Pears

Monday Dec 15

SALISBURY
STEAK
Mashed Potatoes,
Peas and Carrots,
Strawberries

Tuesday Dec 16

SAUSAGE
BISCUIT & GRAVY
Scrambled Eggs,
Stewed Tomatoes,
Onions, Peppers,
Fruit Salad

Wednesday Dec 17

CHICKEN MARSALA
Herb Pasta, Squash,
Spinach,
Applesauce

Thursday Dec 18

BEEF POT ROAST
Parsley Potatoes,
Onions, Carrots,
Celery,
Pineapple

Friday Dec 19

SMOTHERED
PORK LOIN
Rice Blend,
California Veggies,
Biscuit,
Peaches

Monday Dec 22

ORANGE
CHICKEN
Sticky Rice, Asian
Style Veggies,
Mandarin
Oranges,
Fortune Cookies

Tuesday Dec 23

SWEDISH
MEATBALLS
Egg Noodles, Peas
and Peppers,
Whole Wheat Roll,
Bananas

Wednesday Dec 24

APPLE CURED BEEF
RIB
Herbed Potatoes,
Asparagus Medley,
Yorkshire Pudding,
Whole Wheat Roll,
Spiced Pears,
Cake

Thursday Dec 25

CLOSED
FOR
HOLIDAY

Friday Dec 27

CLOSED
FOR
HOLIDAY

Monday Dec 30

CHICKEN
PARMESAN
Pasta, Squash,
Garlic Bread,
Peaches

Tuesday Dec 31

BEEF AND VEGGIE
STEW
Whole Wheat
Biscuit, Spinach,
Berries

“Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Assistance and alternate forms of communication are available upon request under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, NACOG Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. NACOG Aging must make a reasonable accommodation to allow a person with a disability to take part in Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.”